


October 2019		Dardanelle Senior Center			Congregate Menu
Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Savory Pork Loin Creamy Mashed Potato Pork Gravy Green Peas White Roll Ambrosia	2 Salisbury Steak Mashed Potato with Brown Gravy Sweet Corn Wheat Roll Banana Pudding	3 Taco Salad Refried Beans Cheese Dip and Tortilla Chips Caramel Cheesecake	4 Vegetable Beef Soup Grilled Cheese Crackers or Cornbread Cinnamon Roll	
7 Oven Fried Chicken Loaded Mashed Potato Roasted Carrots Wheat Roll Mandarin Oranges	8 Cheesy Lasagna Side Salad Garlic Bread Spiced Apples	9 Homemade Meatloaf Garlic Mashed Potato Bermuda Blend Veg Wheat Roll Spice Cake	10 Pork Chops White Beans Spinach Buttery Cornbread Hummingbird Cake	11 Swiss Mushroom Burger Mixed Green Salad Ruffles with Dip Ice Cream Sandwich	
14 Spaghetti with Meat Sauce Green Beans Garlic Roll Peaches	15 Smothered Chicken and Rice Broccoli and Cauliflower White Roll Golden Fruit Cup	16 Chicken Strips or Chicken Livers Mashed Potato/Gravy 5 Way Vegetable Wheat Roll Pear Cranberry Crisp	17 Pinto Beans with Sausage Fried Cabbage Roasted Potato Mexican or Regular Cornbread Chocolate Cake	18 Southern Chicken Patty on a Bun Lettuce and Tomato Dill Pickle Spear Jo Jo Potatoes Yogurt with Granola	
21 Cornflake Chicken Au Gratin Potatoes Peas and Carrots Wheat Roll Fruit Cocktail	22 Pulled Pork on a Bun Coleslaw Baked Beans Strawberry Shortcake	23 Chicken Pot Pie Tossed Salad Wheat Roll Apple Cobbler	24 Hearty Beef Stew Turnip Greens Buttery Cornbread Tinted Pears	25 Breakfast at 8:30 Scrambled Eggs with Cheese Sausage or Bacon Hash Browns Biscuit and Gravy Fruit	
28 Homemade Pizza Tossed Salad Bread Stick Spiced Pineapples	29 Chicken Dumplings Broccoli Wheat Roll Peaches and Cottage Cheese	30 Creamy Chicken Spaghetti Italian Green Beans Garlic Texas Toast Banana Cake	31 Spooky Steamy Chili Scary Side Salad Crackers or Cornbread Fruit Compote	We also serve Chef Salads daily. With your choice of one meat Ham, Turkey or Chicken. Call before 11 229-4129	